



Communicating with Your Unborn Child

Teresa Robertson, RN, Certified Nurse Midwife, MS

Signal Exercise

It is helpful to establish a quick method for your baby to get your attention. In this exercise, you will talk to the baby about creating two levels of signals. One is for every day, and one is a 911. These signals can also be used after the baby is born as a continued way to remain connected and aware of each other's needs.

Regular Signal

This one is used when your baby desires your attention. Perhaps he wants you to slow down, or connect with him, or buy some broccoli for dinner.

1. Ground by bringing light through your body and feet into the earth.
2. Establish communication with your baby.
3. Ask for a signal to get your attention. This might be a bodily feeling such as a kick or a feeling of pressure in your shoulder.
4. Wait, listen, and see what comes. You will get a sense of what your baby wants you to do.

911 Signal

Originally, I created the 911 signal for my home birth clients as a way to seek help.

The 911 is to be used only when the baby needs you to connect with your health care practitioner. To obtain the signal:

1. Ground yourself.
2. Establish communication with your baby.
3. Ask for a 911 signal. Unlike the regular signal, the 911 should not be a bodily sensation. I often suggest something like seeing flashing lights or hearing bells or sirens.
4. Wait, listen, and see what comes.



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For parents, your part of the agreement is to seek help and not go into fear when the baby elicits the signal. The baby's end of this agreement is to use it only when it needs help, and to give you enough time to safely obtain it.

In the world of obstetrics, practitioners have great respect for listening to moms when they come in saying, "Something doesn't feel right. I am worried about the baby." It is my experience that they will check you out and not think you are crazy.

I have had parents attune to this signal, then go safely to get their own needs and their babies' health needs attended to.

I have also had this signal work for me. For example, if I am driving at night on a curvy, dangerous canyon road and "see" flashing lights (my 911 signal), I invariably slow down to find an accident or wildlife in the middle of the road.

Nourishment Exercise

I have been sharing the following exercise with pregnant women for fifteen years. It is also a fun exercise to do with the other parent. It has found its way into my life when my body is hungry for something, or if I am ill. I just ask, and I get answers.

Don't become confused if the baby asks you to avoid things you are already avoiding. (Examples: coffee, alcohol, sugar.) Use that as a validation for doing a great job!

1. Connect with your baby.
2. Ask, "Where is your energy going? What parts of you are you developing?"
3. Be aware of what you may see, feel, know, hear, or smell.
4. Ask the baby:



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- ♦ What foods can I bring into my system to assist you with growing (for example) your hair, hands, stomach?
- ♦ Which foods should I avoid?
- ♦ What drink/supplements would you like me to add? to avoid?
- ♦ What activities would be helpful to do?
- ♦ What activities should I be avoiding?

Remember that napping, making love, and massage are all considered activities.

Receiving a Healing From Your Baby

Since our babies reside in the world of spirit, they can offer amazing healing perspectives. Many parents think they should not receive healing from their child. After all, they are the parent and should be taking care of their baby!

The truth is, many babies love to work on their parents. Being aware of the parents' needs qualifies the baby spirit as a perceptive and effective healer. An unborn baby has a unique and powerful position to help prepare your body for conception or for the process of giving birth.

In this process, it is essential that there be clear boundaries. It is important that the baby spirit has a boundary (a bubble around itself) and that you have your boundary (a bubble around you). Babies work very quickly and are usually done within a minute or two.

1. Connect with your baby. Ask if he or she feels if it would be beneficial for you to receive a healing.
2. Ground your body.
3. Establish boundaries between your baby and you.
4. Relax and be open to the baby spirit working.

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Teresa@LivingIntuitive.com * www.LivingIntuitive.com



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5. As the baby works on you, you may feel warmth, a vibration, an excited feeling, receive the answer to a yes or no question, or see something. Commonly, during their first experiences, parents feel warmth, relaxation, or a buzzing sensation. If an image or communication is not clear, ask the baby to share the answer with you in a manner which you can understand.
6. Ask the baby for a clear signal when he/she is done. Thank your child for the healing, and acknowledge that it is complete.

Giving Your Baby Healing

You can offer to give your baby a healing, which is essentially an energy sponge bath in-utero.

1. Ask the baby if he/she would like a healing. Good times to check in with the baby are after exposure to ultrasound, a loud noise, or an intense situation or emotion you may have experienced. Remember that the Doppler used to listen to your baby's heartbeat is an ultrasound device.
2. Ground yourself and establish your boundaries with your child.
3. Ask the baby what color and concept it would like in the sponge bath. (Examples are calm & vitality for concepts, and blue/gold for colors.)
4. Ascertain with the baby where it would like you to start gently sponging it. Inside the womb? the placenta? from head to toe? toe to head? the belly?
5. Maintain your connection with your baby. Be aware of any signals from your child to slow down, change the activity, or stop.
6. Ask your baby for a clear signal when the sponge bath is complete and acknowledge the completion of the healing.

Teresa Robertson RN, Certified Nurse Midwife, MS, Birth Intuitive

Teresa provides information, support and tools to assist her clients to connect with their unborn children. Her work aids clients: to promote fertility; to heal and to resolve pregnancy losses such as miscarriage and abortion; to heal and/or minimize pregnancy complications; and to assist adoptive parents in connecting with their unborn children.

Her strong and varied clinical background and education allow her to serve as a translator between the worlds of intuition and western allopathic medical approaches. She offers suggestions about communication between mothers and their unborn children.

Information about her services can be found on her website at www.LivingIntuitive.com.

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